

## Tossed Salad C010

Number of Servings: 10 (45 g per serving)

Amount	Measure	Ingredient
9 1/2	oz	Lettuce, iceberg, shredded
3 1/4	oz	Carrots, fresh, grated
1 1/2	oz	Cabbage, red, fresh, shredded
1 1/4	oz	Celery, fresh, diced
3/8	oz	Peppers, bell, green, sweet, fresh, chpd

### Nutrients per serving

Nutrition Facts			
Serving Size (45g)			
Servings Per Container			
Amount Per Serving			
Calories 10		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	15mg		1%
Total Carbohydrate	2g		1%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	0g		
Vitamin A 35% • Vitamin C 8%			
Calcium 0% • Iron 0%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Prepare vegetables as described and combine.  
Serve 1/2 c/serving

May serve larger serving adjusting amounts of ingredients and recipe yield.  
In Choice Menu #44 serve with 1 T. Orange Vinaigrette Dressing.

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

#### Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

#### Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.